

Education, Care & Health Services

Burnt Ash Children & Family Centres



The Bromley Children Project

Teen Talk

A four week course for parents/carers of teenagers.

This group will enable parents/carers to build on pre-existing parenting skills and discover new ones. In particular, the sessions will help parents/carers to understand the impact they have on their teenagers and the influence of adolescent brain development on behaviour.

Parents/carers will be encouraged to explore their own feelings, as well as their teenagers', and will develop approaches to promote positive life skills. Parents will also consider conflict and positive approaches to boundary setting and problem solving.

Tuesday 14th January — 11th February 9.30-11.30 At
Burnt Ash Centre. For more information, pop in and talk
to the centre staff or visit

www.bromley.gov.uk/bromleychildrenproject



THE LONDON BOROUGH
www.bromley.gov.uk

Teen Talk

Course Outline:

"I'm doing a better job than I thought I was."

Week One

Being a parent/carer of a teenager.
The role of the parent for teenagers.
Responding to difficult feelings

Week Two

Understanding your teenager.
Understanding teenage development.
Parenting styles: praise and criticism.

Week Three

Communicating with your teenager.
Talking and listening.
Communicating clearly.
Handling difficulty issues.

"It has been really interesting and informative."

Week Four

Managing conflict.
Rules and boundaries. Choosing how to respond.
Problem solving.

*"I realised that you're really needed as a parent
even if your teenager behaves otherwise"*

"I like the time for discussion during the sessions."